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BEING

An Account of the Situation, Nature, Phyſical Uſe, and admirable Cures, performed by the Waters of *Harrogate*, and Parts adjacent.

Dean
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By the late learned and eminent Phyſician, Dr. *Dean*, of *York*.

AND ALSO

The Obſervations of the ingenious Dr. *Stanhope*.

Wherein it is proved by *Reaſon* and *Experience*, that the Vitrioline Fountain is equal to the *German Spaw*.

To which are added,

Some Obſervations (collected from modern Authors) of the Nature, Virtues, and Manner of Uſing the *Sweet* and *Sulphur* Waters at *Harrogate*.

Leeds; Printed by *James Liſter*,

For *John Swale*, Bookſeller in LEEDS, and *John Reſs*, Grocer in KNARESBROUGH, and ſold by him at his Shop in HARROGATE. 1736

MVSEVM
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NICVM

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The

The Engliſh Spaw.

CHAP. I.

Of the ſituation of the Town of Knaresborow.

Gnaresbrugh (commonly called *Knaresborow*) is a very ancient Market Town in the Weſt-Riding of *Yorkeſhire*, diſtant 14 Miles from the City of *Yorke*; where the Pole is elevated 54 degrees, and 20 odde minutes. On the South-weſt part thereof is that fair and goodly Fort, ſo much renowned, both for the pleaſant ſituation and remarkable ſtrength, known by the name of *Knaresborow-Caſtle*, ſeated on a moſt ragged and rough Rock; whence (as learned Mr. *Cambden* ſaith) it is ſo named.

Both the Caſtle and Town are fenced on the South and Weſt parts with the River *Nide*: which is beautified here with two fair Bridges of ſtone, which lead from the Town into the Foreſt adjoining, as alſo unto a large empaled Park of his Majeſty's, called *Bilton-Park*, well ſtored with fallow Deer: part whereof is bordered with the ſaid River.

The Town itſelf ſtandeth on a hill, having almoſt on every ſide an aſcent to it; and about it are divers fruitfull valleys well repleniſhed with graſſe, corn, and wood. The waters there are wholſome and clear; the air dry and pure. In brief, there is nothing wanting, that may fitly ſerve for a good and commodious habitation, and the content and entertainment of ſtrangers.

Many things are very obſervable in this place, which becauſe they rather do appertain to the volumnes of Geographers, and Antiquaries, than to the purpoſe intended in this little treatiſe, are here omitted.

CHAP. II.

Of the ſeveral earths, ſtones, and minerals, found near and about this place.

ALthough there are in ſundry places of this kingdom, as many or more ſeveral kindes and ſorts of earths, quarries of ſtone, minerals, and mines of mettals, than in any other Realm whatſoever; notwithſtanding, no one place hath been obſerved to have them either in ſuch plenty, or variety, in ſo ſmall a diſtance as this. For here is found not only white and yellow marble, plaiſter, oker, rud, rubrick, free-ſtone, and hard greet-ſtone, a ſoft reddiſh ſtone, iron-ſtone, brim-ſtone, vitreal, nitre, allum, lead, copper, (and, without doubt, divers mixtures of theſe) but alſo many other minerals might (perhaps) be found out by the dilight ſearch, and skilfull induſtry of thoſe, who would take pains to labour a little herein.

All which do manifeſtly demonſtrate, that nature hath ſtored this little territory with a greater diverſity of hidden benefits, than great and ſpacious Countries otherwiſe abounding in outward native commodities, and that the fountains or ſprings of water hereabouts cannot otherwiſe than participate of their ſeveral naturesa nd properties.

CHAP. III.

Of the fountains of pure and ſimple waters, near and about the Town.

AS generally moſt part of the Weſt-Riding of *Yorkeſhire* (eſpecially the hilly and more mountainous places thereof) are ſtored with fountains and ſprings of clear, limpid, and pure ſimple waters; ſo likewiſe the territory hereabouts is not without plenty of them. Two whereof have gotten and purchaſed that reputation as to be Sainted: The one called by the name of Saint *Magnus*, or *Magnus-well*: the other, that of Saint *Robert's*.

CHAP. IV.

Of five fountains near unto the Town, which do participate of mineral virtues.

OUT of the divers fountains ſpringing hereabouts, five are worthy the obſervation of Phyſitians. The

first whereof is very near unto the river bank, over against the Castle, called by the name of the *Dropping-well*, for that it droppeth, distelleth and trickleth down from the hanging rock above. The water whereof hath a certain quality or property to turn any thing that lieth in it, into a stony substance in a very short space.

Three of the others (being all of them much of one and the same nature) are termed by the Country people thereabouts the *Stinkingwells*, in regard they have an ill and feride smell, consisting most of Sulphure-vive, or quick brimstone. One of them, and that which hath the greatest current, or stream of water, is in *Bilton park*.

The other two are in the said Forest; one is neare unto the Town; the other is further off, almost two miles from it, beyond a place called *Haregate head*, in a bottome on the right hand of it, as you go, and almost in the side of a little brook.

The fifth and last (for which I have principally undertaken to write this short Discourse) is an acide, or tart fountain in the said Forest, commonly named by the vulgar sort *Tuewhit-well*, and *The English Spaw*, by those of the better rank, in imitation of those two famous acide fountains at the *Spaw* in *Germany*, to wit, *Sauvenir*, and *Pouhon*: whereof the first (being the prime one) is half a league from the *Spa*, or *Spaw* Village; the other is in the middle of the town.

CHAP. V.

A more particular recitall of the first four wells.

I Purpose to speak somewhat more in this place of the first foure Springs mentioned in the former Chapter, in regard the consideration of them may perhaps give some light to those, who shall hereafter search further into the secrets, which nature may seem to afford in the Country hereabouts.

The first is the *Dropping-well*, known almost unto all who have travelled unto this place. The water whereof distilleth and trickleth down from the hanging rock over it, not only dropping wise, but also falling into many pretty little streams.

This water issuing at first out of the earth, not far

from the ſaid hanging rock, and running a while in one entire current, continueth ſo, till it cometh almoſt to the brim of the crag; which being oppoſed by a damme (as it were artificial) of certain ſpongy ſtones, is afterwards divided into many ſmaller branches, and falleth from on high in manner aforeſaid.

It is therefore very like, that Mr. *Cambden* in perſon did not ſee this fountain, but rather that he had it by relation from others; or at leaſt wiſe (if he did ſee) that he did not mark and duly obſerve the original ſpringing up of the water, when in his *Britannia* he ſaith thus: *The waters thereof ſpring not up out of the veins of the earth, &c.*

Concerning the properties and qualities thereof, I have nothing more to write at this time (there being formerly little triall had of it) ſaving that divers inhabitants thereabouts ſay, and affirm, that it hath been found to be very effectuall in ſtaying any flux of the body: which thing I eaſily believe.

The other three are ſulphurous fountains, and caſt forth a ſtinking ſmell a-far off, eſpecially in the winter ſeaſon, and when the weather is coldeſt. They are all noiſome to ſmell to, and cold to touch, without any manifeſt or actual heat at all; by reaſon (as may moſt probably be thought) their mines and veins of brimſtone, are not kindled under the earth; being (perhaps) hindered by the mixture of ſalt therewith.

Thoſe who drink of their waters relate, they verily think there is gun-powder in them, and that now and then they vomit after drinking thereof.

The waters as they run along the earth, do leave behind them on the graſſe and leaves, a gray ſlimy ſubſtance, which being ſet on fire hath the right ſavour of common brimſtone. They are much haunted by Pigeons, an argument of much ſalt in them; of which in the evaporation of water by fire, we found a good quantity remaining in the bottom of the veſſel.

One thing further was worth obſervation; that white mettal (as ſilver) dipped into them, preſently ſeemeth to reſemble copper: which we firſt noted by putting a ſilver porrenger into one of theſe. Which tincture theſe waters give by reaſon of their ſulphur.

Touching their virtues and effects, there may in generall the like properties be aſcribed to them, as are attributed

tributed unto other ſulphurous Bathes actually cold, participating alſo of ſalt.

The vulgar ſort drink theſe waters (as they ſay) to expell reef, and fellon; yea, many who are much troubled with itches, ſcabs, morphews, tetters, ringworms and the like, are ſoon holpen and cured, by waſhing the parts ill affected therewith.

CHAP. VI.

A more particular diſcription of the fifth, or laſt Fountain, called the Engliſh Spaw.

THIS, being the principal ſubject of this whole Treatiſe, is in the ſaid Foreſt, about a mile and a half Weſt from the Town; from whence there is almoſt a continual riſing to it, but nothing ſo great as the aſcent is from the Spaw village to *Sauvenir*. This here ſpringeth out of a mountainous ground, and almoſt at the height of the aſcent, at *Harrogate head*; having a great deſcent on both ſides the ridge thereof; and the Country thereabouts ſomewhat reſembleth that at the *Spaw* in *Germany*.

The firſt diſcoverer of it to have any medicinal quality (ſo far forth as I can learn) was one Mr. *William Slingsby*, a Gentleman of many good parts, of an ancient and worthy family near thereby; who having travelled in his youngeſt time, was throughly acquainted with the taſte, uſe, and faculties of the two Spaw fountains.

In his latter time, it was his good fortune to live for a little while at a Grange houſe very near this fountain, and afterwards in *Bilton park* all his life long. Who drinking of this water, found it in all things to agree with thoſe at the Spaw. Whereupon (rejoicing at ſo good and fortunate an accident) he made ſome further triall and aſſay. That done he cauſed the fountain to be well and artificially walled about, and paved at the bottom with two fair ſtone flags, with a fit hole in the ſide thereof, for the free paſſage of the water thro a little guttered ſtone.

It is open at the top, and walled ſomewhat higher than the earth. It is four ſquare, three foot wide, and the water within is about three quarters of a yard deep.

Firſt, we cauſed it to be laded dry, as well to ſcoure it, as alſo to ſee the riſing up of the water, which we found

found to ſpring up onely at the bottom of the chink, or cranny, between two ſtones, ſo left purpoſely for the ſpringing up of the water at the bottome: Which (as *Pliny* obſerveth, in his 31ſt Book of his Natural Hiſtory, and the third chapter) is a ſigne above all of the goodneſs of a fountain.

Above all (ſaith he) *one thing would be obſerved, and ſeen unto, that the ſource which feedeth it, ſpring and boil up directly from the bottome, and not iſſue forth at the ſides: which alſo is a main point that concerneth the perpetuity thereof, and whereby we may collect that it will hold ſtill, and never be drawn dry.*

The ſtream of water which paſſeth away by the hole in the ſide thereof, is much one, and about the proportion of the current of *Sauvenir*.

The above named Gentleman did drink the water of this fountain every year after, all his life time, for helping his Infirmities, and maintaining of his health, and would oftentimes ſay and aver, that it was much better, and did excel the tart fountains beyond the Seas, as being more quick and lively, and fuller of Mineral ſpirits; effecting it's operation more ſpeedily, and ſooner paſſing through the body.

Dr. *Timothy Bright*, a learned Phyſitian, firſt gave the name of the *Engliſh Spaw* unto this Fountain. For he alſo formerly had ſpent ſome time at the *Spaw* in *Germany*; ſo that he was very able to compare thoſe with this of ours. Nay, he had furthermore ſo good an opinion, and ſo high a conceit of this, that he did not only direct and adviſe others to it, but himſelf alſo (for the moſt part) would uſe it in the ſummer ſeaſon.

Likewiſe Dr. *Anthony Hunton*, lately of *Newark* upon *Trent*, a Phyſitian of no leſs worth, and happy memory (to whom for his true love to me, and kind reſpect of me, I was much beholden) would often expoſtulate with me at our meetings, and with other Gentlemen of *Yorkſhire*, his patients, how it came to paſſe, that I, and the Phyſitians at *Yorke*, did not by publiek writing, make the fame and worth thereof better known to the world?

CHAP.

CHAP. VII.

Of the difference of this Fountain from those at the Spaw, *to wit,* Sauuenir, *and* Pouhon.

THIS ſpringeth almoſt at the top of the aſcent (as formerly hath been ſaid) from a dry, and ſomewhat ſandy earth: The water whereof running South-eaſt, is very clear, pure, full of life, and mineral exhalations.

We find it chiefly to conſiſt of a vitrioline nature and quality, with a participation alſo of thoſe other minerals, which are ſaid to be in the *Sauuenir* Fountain; but in a more perfect and exquiſite mixture and temper, and therefore to be ſuppoſed better and nobler than it. The difference between them will be found to be onely *Secundum majus & minus*, that is according to more, or leſſe, which maketh no difference in kind, but in degrees. This partaketh in greater meaſure of the qualities, and leſſer of the ſubſtances of the Minerals, than that doth; and for that cauſe it is of a more quick and ſpeedy operation; as alſo for the ſame reaſon, his tenuity of body, and fulneſs of mineral ſpirits therein contained, it cannot be ſo far tranſported from its own ſource and ſpring, without loſſe and dimunition of his ſtrength and goodneſſe. For being carried no further than to the Town itſelf (though the glaſſe or veſſel be cloſely ſtopt) it becometh ſomewhat weaker: if as far as to *Yorke*, much more: but if 20 or 30 miles further, it will then be found to be of ſmall force or validity, as we have often obſerved.

Whereas contrariwiſe the water of the lower Fountain at the *Spaw*, called *Pouhon*, is frequently and uſually carried and conveyed into other countries afar off, and remote, as into *France*, *England*, *Scotland*, *Ireland*, and to divers parts of *Germany*, and unto ſome parts of *Italy*: Yea, and that of *Sauuenir*, (which is the better Fountain, and which water cannot be carried ſo far away as the other may) is oftentimes uſed now a-days at *Paris*, the chief City of *France*.

But this of ours cannot be ſent away any whit ſo far off, without loſs and decay of its efficacy and virtue, ſo ayrie, ſubtill, and piercing are its ſpirits and mineral exhalations, that they ſoon paſſe, vaniſh, and fly away. Which thing we have eſteemed to be a principal good

ſigne

signe of the worthy properties of this rare Fountain. So that this water being newly taken up at the well, and presently after drunk, cannot otherwise, but sooner passe by the Hypocondries, and through the body, and cause a speedier effect, than those in *Germany* can. Whereby any one may easily collect, and gather, that this getteth his soveraign faculties better in its passage by and through the variety of minerals included in the earth (which onely afford unto it an halitious body) than these do.

If then we be desirous to have this of ours become commodious either for preserving of our healths, or for altering any distemper, or curing any infirmity (for which it is proper and available) it ought chiefly to be taken at the Fountain it self, before the minerall spirits be dissipated.

CHAP. VIII.

That Vitriol is here more predominate than any other Minerall.

WE have sufficiently been satisfied by experience and trials, through what Minerals this water doth passe: but to know in what proportion they are exactly mixed therewith, is beyond humane invention to finde out; Nature having reserved this secret to her self alone. Nevertheless it may very well be conjectured, that as in the frame and composition of the most noble creature, Man (the lesser world) there is a temper of the four elements rather *ad justitiam* (as the Phyloſophers say) than *ad pondus*; so Nature in the mixture of these Minerals, hath likewise taken more of some, and lesse of others, as she thought to be most fit and expedient for the good and behoof of mans health, and the recovery and restitution of it decayed; being indeed such a work, as no Art is able to imitate.

That *Vitriolum* (otherwise called *Chalcanthum*) is here most predominant, there needs no other proof, than from the assay of the water itself; which both in the tart and inky smack thereof, joyned with a piercing and a pricking quality, and in the savour (which is somwhat a little vitrioline) is altogether like unto the ancient *Spaw* waters: which according to the consent

of

of all those, who have considered their natural compositions, do most of all, and chiefly participate of vitrioll.

Notwithstanding for a more manifest, and fuller triall hereof, put as much powder of Gales, as will lye on two-pence, or three-pence, into a glasse full of this water, newly taken up at the fountain, you shall see it by and by turned into the right and perfect colour of Claret wine, that is fully ripe, clear, and well fined, which may easily deceive the eye of the skilfullest Vintner.

This demonstration hath been often made, not without the admiration of those, who first did see it. For the same quantity of galls mingled with so much common water, or any other Fountain water thereabouts, will not alter it any thing at all; unlesse to these you also adde vitrioll, and then the colour will appear to be of a blewish violet, somewhat inkish, not reddish, as in the former, which hath an exquisite and accurate conjunction of other Mineral exhalations, besides the vitrioline. But this probation will not hold, if so be you make triall with the said water being carried farre from the Well; by reason of the present Dissipation of his spirits.

CHAP. IX.

Of the properties and effects of Vitrioll, according to the ancient and modern Writers.

THE qualities of *Vitrioll*, according to *Dioscorides*, *Galen*, *Ætius*, *Paulus Ægineta*, and *Oribasius*; are to heat and dry, to bind, to resist putrefaction, to give strength and vigour to the interiour parts, to kill the flat worms of the belly, to remedy venemous mushroms, to preserve flesh over moist from corruption, consuming the moisture thereof by its heat, and constipating by his astriction the substance of it, and pressing forth the serous humidity.

And according to *Matthiolus* in his Commentaries upon *Dioscorides*, it is very profitable against the plague and pestilence, and the chymicall oyle thereof is very available (as himself affirmeth to have sufficiently proved) against the stone and stopping of Urine, and many other outward maladies and diseases, (*Andernacus* and *Gesnar* adde to these the Apoplexy) all which, for avoiding of prolixity, I do here purposely omit.

Neither will I further trouble the Reader with the recitall of divers and sundry excellent remedies, and medicines, found out and made of it in these latter times, by the Spagyrick Physitians, and others: Insomuch that *Joseph Quercetanus*, one of those is verily of opinion, that out of this individual mineral, well and exquisitly prepared, there might be made all manner of remedies and medicines sufficient for the storing and furnishing of a whole Apothecaries shop.

But it will (perhaps) be objected by some one or other in this manner: If vitriol, which as most do hold, is hot and dry in the third degree, or beginning of the fourth, nay, of a causticke quality and nature (as *Dioscorides* is of opinion) should here be predominant; then the water of this Fountain must needs be of great heat and acrimony; and so become not onely unprofitable, but also very hurtfull for mans use to be drunk, or inwardly taken.

To which objection (not to take any advantage of the answer, which many learned Physitians do give. *viz.* that vitriol is not hot, but cold) I say: First, that although all medicinall waters do participate of those minerals, by which they do passe, yet they have them but weakly *viribus refractis* (especially when in their passages they touch, and meet with divers other minerals of opposite tempers and natures.

Secondly, I Answer, that in all such medicinall Fountains as this, simple water doth far surpasse and exceed in quantity, whatsoever is therewith intermixed; by whose coldnesse it commeth to passe, that the Contrary is scarce, or hardly perceived. For example, take one proportion of any boiling liquor to 100 or more, of the same cold, and you will hardly find in it any heat at all. Suppose then vitriol be hot in the third degree, it doth not therefore follow, that the water which hath his vertue chiefly from it, should heat in the same degree. This is plainly manifest not only in this fountain, but also in all others, which have an acide taste, being indeed rather cold than hot, for the reasons above mentioned.

CHAP. X.

Of the Effects which this Fountain worketh, and produceth in those who drink of it.

EXperience sheweth sufficiently; besides reason, that this water first, and in the beginning cooleth such as use it: But being continued it heateth and drieth; and this for the most part it doth in all, yet not always. For (as we shall more fully declare afterwards) it effecteth cures of opposite, and quite contrary natures, by the second and third qualities wherewith it is endowed; curing diseases both hot, cold, dry, and moist.

Those waters (saith *Renodæus*) which are replenished with a vitrioline quality, as those at the *Spaw*, doe presently heal, and (as it were) miraculously cure diseases, which are without all hope of recovery; having that notable power and faculty from vitrioll; by the vertue and efficacy whereof, they passe through the meanders, turnings and windings of all parts of the whole Body. Whatsoever is hurtful, or endammageth it, that they sweep and carry away: what is profitabl and commodious, they touch not, nor hurt: That which is flaccid, and loose, they bind and fasten; That which is fastned, and strictly tied, they loose: What is too grosse and thick; they incide, dissolve, attenuate, and expell.

More particularly the water of this fountain hath an incisive and absterstive faculty to cut and loosen the viscous and clammy humonrs of the body, and to make meable the grosse: as also by its piercing and penetrating power, subtilty of parts, and by his deterging and desiccative qualities to open all the obstructions or oppilations of the mesentery (from whence the seeds of most diseases do arise and spring) liver, spleen, kidneys, and other interiour parts (and which is more to be noted and observed) to coole, and contemperate their unnaturall heat, helping and removing also all the griefs and infirmities depending thereupon.

Besides all this, it comforteth the stomack by the astriction it hath from other minerals, especially Iron, so that (without doubt) of a thousand who shall use it discreetly, and with good advice (their bodies first being well and orderly prepared by some learned and skil-

ſkill Phyſitian, according to the States thereof, and as their infirmaties ſhall require) there will ſcarcely be any one found, who ſhall not receive great profit thereby.

Moreover, it cleanſeth, and purifieth the whole maſſe of blood contained in the veynes, by purging it from the ſereſity peccant, and from cholerick, phlegmatick, and melancholich humours, and that principally by Urine, which paſſeth through the body very clear, and in great quantity, leaving behinde it the mineral forces, and vertues.

Their ſtooles, who drink of it, are commonly of a blackiſh, or dark green colour, partly becauſe it emptieth the liver and ſpleen from aduſt humours, and melancholy, or the ſediment of blood; but more eſpecially, becauſe the minerals intermixed do produce and give ſuch a tincture.

CHAP. XI.

In what diſeaſes the water of this Fountain is moſt uſefull and beneficiall.

OVER and beſides the peculiar and ſpecifical faculties, which this fountain hath, it ſheweth divers and ſundry other manifeſt effects and qualities in evacuating the noxious humours of the body, for the moſt by Urine, eſpecially when there is any obſtruction about the kidneys, ureters and bladder: Or by Urine and ſtoole both, if the meſentery, liver, or ſpleen, chance to be obſtructed. But, if the effect or griefbe in the matrix or womb, then it cleanſeth that way accordingly to the accuſtomed and uſuall manner of women.

In melancholly people it purgeth by provoking the hæmorrhoides, and in cholerick by ſiege or ſtool. If it cauſeth either vomit or ſweat, it is very ſeldom and rare.

See here a moſt admirable work guided by the omnipotency and wiſdome of the Almighty, that a naturall, clear, and pure water, ſhould produce ſo many and ſeverall effects and operations, being all of them in a manner contrary one to another, which few medicines compoſed by Art can eaſily perform without hurt and dammage to the party. Wherefore being drunk with thoſe cautions and circumſtances neceſſarily required thereunto, it is to be preferred before many other remedies, as

not

not only procuring these evacuations; but also (which is more to be noted) staying them when they grow to any excesse. For seeing that here are minerals contained both hot, cold, dry, apperitive, astringent. &c. there is none so simple, but must needs think and grant, that it cannot otherwise be, but good and wholsome in grievances and diseases, which in their own natures are opposite.

But I may instance in some few, for which it is good and profitable, and therein observe some order and method; It dryeth the over moist brain, and helpeth the evils proceeding there from, as rhumes, catarhs, palsies, cramps, &c.

It is also good and available against inveterate headaches, megrims, turnings, and swimmings of the head and brain, dizzinesse, epilepsie, or falling sickness and the like cold and moist diseases of the head.

It cheareth and reviveth the spirits, strengtheneth the stomach, causeth a good and quick appetite, and furthereth digestion.

It helpeth the black and yellow Jaundies, and the evil which is accompained with strange fear and excessive sadness, without any evident occasion or necessary cause, called *Melancholia* or *Hypocondraca*. Likewise the cachexy, or evil habit of the body, and the dropsie in the beginning thereof, before it be too far gone. For besides that it openeth obstructions, expelleth the redundant water in the belly, and contemperateth the unnaturall heat of the Liver.

It cooleth the Kidneys or Reins, and drives forth sand, gravel, and stones out of them, and also hindereth the encrease or breeding of any new, by the concretion and saudring of gravel, bred of a viscous and clammy humor or substance, the same it performeth to the bladder for which it is also beneficiall, if it chance to have any evil disposition either in the cavity thereof, or in the neck of it, and shutting muscle called *Sphincter*, whereby the whole part or member, is let and hindered in his office and function.

Moreover if there chance to be any ulcer in the parts last specified, or any sore, or fistula in *perinæa* through an impostume ill cured, this water is a good remedy for it in regard of its cleansing, cicatricing and constringing power and vertue; and for that cause it is very proper

and

and commodious for the acrimony and sharpnes of Urine, and against the stopping and suppression of Urine, difficulty of making water, and the strangury.

Although it is very available against the stone in the Kidneys, and against the breeding and increase of any new there; yea and against little ones, that are loose in the bladder; yet notwithstanding it will afford little or small benefit to those, in whom it is grown to be very great and big in the bladder: because nothing will then serve to break it, as *Brassavolus* saith, but a smiths anvil and hammer. Nevertheless, if in this case incision be used, it will be very commodious, both for mundifying and consolidating of the wound, made for the extraction of it.

It shall not be needfull to speak much of the profit, which will ensue by the fit administration of it in the inveterate venereous *Gonorrhœa* causing to cease and stay totally, and correcting the distemper, and the ulcerous disposition of the seed vessels, and the vicine parts.

There are very few infirmities properly incident to women, which this water may not seem to respect much, if discreetly used after the advice and councel had of the learned Physitian.

This hath been so much, and so often observed at the ancient *Spaw*, that it cannot otherwise, but be also verified at this in after times, when it shall be frequented (as those have been) with the company of Ladies, and Gentlewomen: Divers whereof, having been formerly barren for the space of ten, twelve years, or more, and drinking of those waters for curing and helping some other infirmities, than for want of fruitfulnesse, have shortly conceived after their return home to their husbands, beyond their hopes and expectations.

Also it respecteth very much the hard scirrhous and cancarous tumours, and the grievous sores and dangerous Ulcers of the matrix. All these excellent helps and many more it performeth to women with more speedy successe, if it be also received by injection. But here by the way all such women, who are with child, are to be admonished, that they forbear to use it during that time.

In children it killeth and expelleth the worms of the guts and belly, and letteth and hindreth the breeding, and new encrease of any more,

I will here forbear to write any thing of the benefits which it affordeth against old and inveterate itches, morphews, leprosies, &c. in regard the other three sulphurous fountains, before mentioned, do more properly respect such like grievances. Neither will I now spend any more time in shewing what vertues it hath in the cure of the Indian, commonly called the French, or rather Spanish disease: because experience hath found out a more certain and sure remedy against it.

CHAP. XII.

Of the necessity of preparing the body before the use of this Water.

IT is not in most things the bare and naked knowledge or contemplation of them, that makes them profitable to us; but rather their right use, opportune, and fit administration. Medicines are not said to be *Deorum Manus*, that is, the hands of the Gods, as *Herophilus* calleth them, or *Deorum dona*; that is, the gifts of the Gods (as *Hippocrates* believed) till they be fitly applyed and seasonably administred by the counsel and advice of the learned and skilfull Physitian, according to the true rules, and method of Art.

Therefore to know the originall minerals, faculties, and vertues of this worthy acide fountain, will be to no end, or to small purpose for them, who understand not the right and true use, nor the fit and orderly administration of it. For not onely Physick or medicines, but also meats, and drinks taken disorderly, out of due time and without measure, bringeth oftentimes detriment to the party, who otherwise might receive comfort and strength thereby: So likewise this water, if it be not drunk at a convenient time and season, in due fashion and proportion: Yea, and that after preparatives, and requisite purgings, and evacuation of the body, may easily hurt those, whose infirmities otherwise it doth principally respect. For medicines ought not to be taken rashly and unadvisedly, as most do hand over head without any consideration of time, place, and other circumstances; as that ignorant man did, who getting the receit of that medicine, wherewith formerly he had been cured, made trial of it again long after for the same infirmity without any help or good at all; whereat greatly

marvelling

marvelling, received this answer from the Physitian: I confesse (said he) it was the selfe same medicine but because I did not give it therefore it did you no good.

To the end therefore that no occasion may hereafter be either given or taken by the misgovernment, or overrashnesse of any in using it to caluminate and traduce the worth, and goodnesse of this fountain, I will briefly here shew what course is chiefly to be followed and observed by those who shall stand in need of it.

First then, because very few men are throughly and sufficiently informed concerning the nature and causes of their grievances, it will be necessary that every one should apply himself to some one or other, who either out of his judgement or experience, or both, may truly be able to give him counsell and good advice concerning the conveniency of this fountain. And if he shall be advised to use it, then let the party (in the fear of God) addresse himself for his way to it, against the fit season of it, without making any long and tedious daies journeys, which cause lassitude and wearinesse.

Then, being come to the place, he ought after a dayes rest, or two, to have his body well prepared, and gently cleansed with easy lenitives, or purgatives, both fit and appropriate, as well to the habit and constitution thereof, as also for the disease it self, and as occasion shall require, according to the rule of method, which teacheth that universal or general remedies ought ever to precede and go before particulars. Now what these are in special, to fit every ones case in particular, is impossible either for me here, or any one else to define precisely. *Ars non versatur circa individua.* We may see it true in mechanical trades. No Shoemaker can fit all by one last; nor can any Taylor suit all by one and the self same measure.

Yet in regard it may perhaps be expected that something should be said herein, I say, that in the beginning (if occasion serve) some easie Clyster may very fitly be given, as well for emptying the lower intestines from their usuall excrements, as for carrying away and cleansing the mucose slimes contained therein. After that, it will be convenient to prepare the body by some Julep or Apozeme, or to give some lenitive medicine to free the first region of the body from excrements. For otherwise the water might peradventure convey some

part

part of them, or other peccant matter, which it findeth in his paſſage either into the bladder, or to ſome other weak and infirm member of the body, to the encreaſe of that evill diſpoſition, which is to be removed, or elſe to the breeding of ſome other new Infirmity.

Some perhaps will here object and ſay, that the time of the year, in which this fountain will be found to be moſt uſefull, will be the hotteſt ſeaſon thereof; or (if you liſt ſo to call it) the dog-days, when it will be no fit time to purge at all.

To this I anſwer and ſay: First, the purging medicines here required are not ſtrong, and generous, but gentle, mild, and weak, ſuch as are ſtiled *Benedicta medicamenta*: which may with great ſafety and profit be given either then or at any other time of the year without any danger, or reſpect of any ſuch like circumſtance at all.

Secondly, I anſwer; although this obſervation of the dog-days might perhaps be of ſome moment in hotter Countries, as *Greece*, where *Hippocrates* lived, who firſt made mention of thoſe daies: yet in colder climates, as *England*, and ſuch like Countries, they are of little or ſmall force at all, and almoſt not to be regarded any whit, either in uſing mild or temperate purgatives, or almoſt any other; or in blood-letting, though very many or moſt do erroniouſly ſay and think to the contrary. So that (if there be cauſe) they may as well and ſafely then purge as at any other time: Or if occaſion ſhall urge, as in plethorical bodies, and many other caſes, a vein may ſafely (or rather moſt commodiouſly) be then opened, and ſo much blood taken away, as the skilfull Phyſitian ſhall think in his diſcretion and wiſdom to be needfull and requiſite.

Let no man here think that this is any ſtrange poſition or a new paradox (for the learned know the contrary) or that I am ſtudious of innovation, but rather deſirous to root out an old and inveterate error, which in all probability hath coſt moe Engliſhmens lives, than would furniſh a royal army, in neglecting thoſe two greater helps or remedies, to wit, Purging and Blood-letting in hot ſeaſons of the year; which in all likelihood might have ſaved many of their lives, while expecting more temperate weather, they have been ſum-

moned in the mean time, or *interim*, by the messenger of pale death to appear in another world.

Wherefore let all those who are yet living, be admonished hereafter by their examples, not obstinately and wilfully to eschew and shun those two remedies in hot seasons, and in the time of the dog-daies (much lesse all other manner of Physicall helps) not once knowing so much as why, or wherefore, and without any reason at all, following blind and superstitious tradition and error, haply first broached by some unworthy and ignorant Physitian, not rightly understanding *Hippocrates* his saying, in all likelihood, or at least wise misapplying it: which hath so prevailed in these times, that it hath not only worn out the use of purging, but also of all other Physick for that season, because most people by the name of Physick understand purging onely, and nothing else; as though the Art and Science of Physick was nothing else but to give a potion, or purge. Then we rightly and truly might say, *Filia devoravit matrem.*

But forasmuch as most people are altogether ignorant of the true ground or reason, from whence this so dangerous an error concerning the dog-daies, did first spring and arise, give me leave to go on a little with this degression for their better instruction; and I will briefly, in a few lines, shew the case and mistake somewhat more plainly.

Hippocrates in his fourth Book of *Aphorismes*, *Ap.* the 5th, hath these words: *Sub canicula, & ante caniculam, difficiles sunt purgationes.* That is, under the canicular, or Dog-star, and before the Dog-star, purgations are painful and difficil. This is all that is there said of them, or brought against them for that season or time of the year. A great stumbling-block against which many have dashed their feet and knocked their shins, and a fearful scarcrow whereat too many have nicely boggled. Here you do not find or see purging medicines to be then prohibited, or forbidden to be given at all (much lesse all other Physick) but onely said to be difficil in their working, partly because (as all expositors agree) nature is then somewhat enfeebled by the heat of the weather; partly because the humours being then, as it were, ascended, are more shaked by the heat of the purging medicines; partly, and lastly, because two contrary motions seem to be then at one and the same

time, which may offend nature; as the great heat of the weather leading the humours of the body outwardly to the circumferrence thereof, and the medicine drawing them inwardly to the centre. All which circumstances in our cold region, are little or nothing at all (as hath been formerly mentioned) to be regarded. For as *Jacobus Hollerius*, a French Physitian, much honoured for his great learning and judgement, hath very well observed in his Comment upon this *Aphorisme*; *Hippocrates* speaketh here only of those purging medicines which are strong and vehement, or hot and fiery; and that this precept is to take place in most hot Regions, but not in these cold Countries, as *France*, *England*, and the like.

Over and besides all this, those churlish, hot, purging medicines, which were then in frequent use in *Hippocrates*'s time, and some hundred years after, are now for the most part obsolete, and quiet grown out of use, seldom brought in practice by Physitians in these daies; because we have within these last six hundred years, great choice and variety of more milde, benigne, and gentle purgatives found out by the *Arabian* Physitians, which were altogether unknown to the Ancients, to wit, *Hippocrates*, *Dioscorides*, *Galen*, *&c.* which have little heat and acrimony, many whereof are temperate, and divers cooling, which may most safely be given either in the hotteſt times and seasons of the year, or in the hotteſt diseases. Let us add to these the like familiar and gentle purging medicines more lately, yea, almost daily newly found out since the better discoveries of the East and West Indies. So that henceforth let no man fear to take either easy purgatives, or other inward Physick, in the time of *Canicular* or Dog-daies.

The same *Hollerius* goeth on in the exposition and interpretation of the same Aphorisme, and confidently saith: *Over and besides that we have benigne medicines, which we may then use, as Cassia, &c.* We know and find by experience, no time here with us more wholesome and more temperate (especially when the *Etesian* or *Easterly winds* do blow) than the *Canicular* daies, So that we finde by observation, that those diseases which are bred in the moneths of *June* or *July*, do end in *August*, and in the *Canicular* daies. Wherefore if a disease happen in those daies, we fear not to open a vein di-

vers times, and often, as alſo to preſcribe more ſtrong purging medicines.

Wherefore away henceforth with the ſcrupulous conceit, and two nice fear of the Dog-daies, and let their ſuppoſed danger be had no more in remembrance among us. And if any will yet remain obſtinate, and refuſe to have their beams pulled out of their eyes, let them be ſtill blind in the midſt of the clear ſun-ſhine, and groap on after darkreſſe: and let all learned Phyſitians rather pity their follies, than envy their wits.

CHAP. XIII.

At what time of the year, and at what hour of the day it is moſt fit and meet to drink this water.

TO ſpeak in general terms, it is a fit time to drink it, when the air is pure, clear, hot, and dry: for then the water is more tart, and more eaſily digeſted than at other times. On the contrary, it is beſt to forbear, when the air is cold, dark, dull and miſty: for then it is more feeble, and harder to be concocted.

But more ſpecially, the moſt proper ſeaſon to undertake this our *Engliſh Spaw* diet, will be from the midſt or latter end of *June*, to the middle of *September*, or longer, according as the ſeaſon of the year ſhall fall out to be hot and dry or otherwiſe.

Not that in Spring time and in Winter it is not alſo good, but for that the air being more pure in Summer, the water alſo muſt needs be of greater force and power. Notwithſtanding it may ſometime ſo happen in Summer, that by reaſon of ſome extraordinary falling of rain, there may be a ceſſation from it a day or two. Or if it chance to have rained over night, it will then be fit and neceſſary to refrain from drinking of it, untill the rain be paſſed away again; or elſe (which I like better) the fountain laded dry and filled again, which may be well done in an hour, or two at the moſt.

Touching the time of the day when it is beſt to drink this water, queſtionleſſe the moſt convenient hour will be in the morning, when the party is empty and faſting about ſeven o'clock. Nature having firſt diſcharged herſelf of daily excrements both by ſtoole and urine, and the concoctions perfected. This time is likewiſe fitteſt for exerciſe, which is a great and good help, and furtherance

therance for the better distribution of the water, whereby it doth produce its effects more speedily.

CHAP. XIV.

Of the manner of drinking this water, and the quantity thereof.

THose who desire the benefit of this fountain, ought to go to it somewhat early in the morning; and, if they be able and strong of body, they may do very well to walk to it on foot, or at least wise some part of the way. As for those whose infirmities cause them to keep their beds and chambers, they may drink the water in their lodgings, it being speedily brought to them in a vessel or glasse well stopt.

It is not my meaning or purpose to describe here particularly what quantity of it is fit and meet for every one to drink: for this is part of the task and office which belongeth to the Physitian, who shall be of counsell with the Patient in preparing and well ordering of him: who is to consider all the several circumstances, as well of the malady or disease itself, as of his habit and constitution, &c. Nevertheless I may advise, that at the first it be moderately taken, increasing the quantity daily by degrees, untill they shall come at last to the full height of the proportion appointed, and thought to be meet and necessary. There they are then to stay, and so to continue at that quantity, so long as it shall be needful. For example, the first morning may happily be 16 or 18 ounces, and so on by degrees to 20, 30, 40, 50, 60 or more, in people who are of good and strong constitutions. Towards the ending, the abatement ought likewise to be made by degrees, as the increment was formerly made by little and little.

Here by the way every one must be admonished to take notice, that it is not always best to drink most, least they chance to oppresse and overcharge nature, that would rather be content with lesse. It will therefore be more safe, to take it rather somewhat sparingly, though for a longer time, than liberally and for a short time. But, indeed, the truest and justest proportion of it, is ever to be made and esteemed, by the good and laudable concoction of it, and by the due and orderly voiding of it again.

It will not be here amisse to adde this one observation

on further: That it is better to drink this water once a day than twice, and that in the mornings, after that the ſun hath dried up, and conſumed the vapours retained through the coldneſs of the night, &c. as is formerly declared. After drinking it, it will be needful to abſtain from meat and other drink for the ſpace of three or four hours.

But if any one, who hath a good ſtomach, ſhall be deſirous to take it twice a day; or if any ſhall be neceſſarily compelled ſo to doe for ſome urgent cauſe, by the approbation of his Phyſitian, let him dine ſomewhat ſparingly, and drink it not again untill five hours after dinner be paſt, or not untill the concoction of meat and drink in the ſtomach be perfected: Obſerving likewiſe, that he content himſelf in the afternoons with almoſt half the quantity he uſeth to take in the mornings.

CHAP. XV.

Of the manner of diet to be obſerved by thoſe, who ſhall uſe this water.

THE regiment of life in meats and drinks, ought chiefly to conſiſt in the right and moderate uſe of thoſe, which are of light and eaſy digeſtion, and of good and wholeſome nouriſhment, breeding laudable juice. Therefore all thoſe are to be avoided, which beget crud and ill humours. There ought furthermore ſpeciall notice to be taken, that great diverſity of meats and diſhes at one meal is very hurtfull, as alſo much condiments, ſauces, ſpice, fat, &c. in their dreſſing and cookery.

I commend hens, capons, pullets, chickens, patridge, pheſants, turkeys, and generally all ſuch ſmall birds, as live in woods, hedges, and mountains. Likewiſe I doe approve of veal, mutton, kid, lamb, rabbits, young hare, or leverits, &c. all which (for the moſt part) are rather to be roaſted than boiled. Nevertheleſſe thoſe who are affected with any dry diſtemper, or theſe who are otherwiſe ſo accuſtomed to feed, may have their meats ſodden, but the plainer the dreſſing the better.

I diſcommend all ſalt meats, beef, bacon, pork, lard, and larded meats, hare, veniſon tripes, and the entrails of beaſts, puddings made with blood, pig, gooſe, ſwan, teal, mallrad, and ſuch like; and in general, all wa-

ter

ter fowle, as being of a hard digeſtion and ill nutriment.

Amongſt the ſeveral kindes of fiſhes, trouts, pearches, loaches, and for the moſt part all ſcaly fiſh of brooks, and freſh rivers may be well permitted. Moreover ſmelts, ſoals, dabs, whitings, ſturbuts, gurnets, and all ſuch other, are well known not to be ill, or unwholeſome to feed on. All which may be altered with mint, hyſſop, aniſe, &c. Alſo cre-fiſhes, crab-fiſh, lobſters, and the like, may be permitted.

Conger, ſalmon, eels, lampries, herrings, ſalt-ling, all ſalt-fiſh, ſturgion, anchovies, oiſters, cockles, muſcles, and the like ſhel-fiſh are to be diſallowed.

White-meats, as milk, curds, cream, old cheeſe, cuſtards, white-pots, pudding-pies, and other milk-meats, (except ſweet-butter and new cream cheeſe) are to be forbidden. Soft and reer eggs we do not prohibit.

Raiſons with almonds, bisket-bread, march-pane-ſtuff, ſuckets and the like, are not here forbidden to be eaten.

Let their bread be made of whear, very well wrought fermented or leavened; and let their drink be beer well boyled and brewed; and let it be ſtale, or old enough, but in no wiſe tart, ſharp, or ſower: And above all, let them forbear to mix the water of the fountain, with their drink at meals; for that may cauſe many inconveniences to follow and enſue.

Let me adviſe them to eſchew apples, pears, plumbs, codlings, gooſeberries, and all ſuch like ſummer fruits, either raw, in tarts or otherwiſe: Alſo peaſe, and all other pulſe; all cold ſallets, and raw hearbs; onions, leeks, chives, cabbage or coleworts, pompions, cucumbers, and the like.

Inſtead of cheeſe at the end of meals, it will not be amiſſe to eat citron, or lemon pills condited, or elſe fennel, anniſe, coriander comfits, or biskets and carrawayes, as well for to diſcuſſe and expell winde, as to ſhut and cloſe the ſtomack, for the better furthering the digeſtion of meats and drinks. And for that purpoſe it would be much better, if the Phyſitian, who is of counſell, ſhould appoint and ordain ſome fit and proper Tragea in groſſe powder mixed with ſugar, or elſe made into little cakes or morels. Likewiſe marmalade of quinces either ſimple or compound, (ſuch as the Phyſitians do often preſcribe to their patients) may be uſed very commodiouſly.

After

After dinner they ought to use no violent exercise, neither ought they to sit still, sadly, heavy, and musing, nor to slumber and sleep; but rather to stir a little, and to raise up the spirits for an hour or two, by some fit recreation. After supper they may take a walk into the fields, or Castle-yard.

CHAP. XVI.

Of the symptomes or accidents, which may now and then chance to happen to some one or other in the use of this water.

ALthough those who are of good and strong constitutions, observing the aforenamed direction, do seldome or never receive any harm, or detriment, by drinking this water: Notwithstanding it may sometime so fall forth, that some of the weaker sort may perhaps observe some little or small inconvenience thereby, as retention of it in the body: inflation of the belly: costiveness and the like. Wherefore to gratify those, a word or two of every one shall suffice.

1st. Then, for to cause a more ready and speedy passage of it by Urine, it will not be amisse to counsel the party after his return to his lodgings, to go to his naked bed for an hour or two, that thereby warmness and natural heat may be brought into every part of the body, the passages more opened, and nature by that means made more fit and apt for the expulsion of it. During which time it will be very requisite to apply hot cloaths to the stomack: but not so as to provoke sweat. Or else, to cause it to evacuate either by urine, stoole, or sweat, exercise will be a good help and furtherance; if the party be fit for it. But if neither of these will prevail, then a sharp clyster ought to be administred.

The inflation or swelling of the belly happeneth principally to those, who have feeble and weak stomacks; who may do very well to eat annise, fennel, or coriander comfits, at the fountain between every draught, and to walk a little after; or else some carminative lozenges, made with grosse powders, spices and seeds for breaking of wind: or what other thing the learned Physitian shall deem to be most fit and proper in his wisdom and judgment. But if the inflation chance to be very great, then a carminative clyster must be ordained.

Such

Such as ſhall be very coſtive may doe well to eat moiſtning meats, and to uſe molifying hearbs, raiſons, ſtoned corants, damaſcine prunes, butter, or the yolks of eggs, and the like in their broths, or pottage. If theſe will not be ſufficient, then let a day be ſpared from drinking the water, and let the Party take ſome lenitive medicine, laxative corants, or ſome ſuch like thing: whereof the Phyſician hath ever great choice and variety: wherewith he can directly fit every one his caſe; to whom preſent recourſe ever ought to be had, when any of theſe, or the like accidents do happen, as likewiſe in all other caſes of weight and moment.

A Relation of certain particular Cures, done by virtue of Mineral Waters, neare Knaresborow, *in the Weſt-Riding of the* County of York.

By Mr. Michael Stanhope.

THAT *Spaw* Springs though they uſually challenge (as doth the *Spaw* in *Germany*, which is the reaſon we give them the ſame name) a ſingularity in eaſing and curing (ſuch as are curable) of the Stone and Gravel, as alſo in opening the Obſtructions of the Spleen, and allaying all melancholly effects and paſſions, yet it will appear by the ſubſequent Diſcourſe and Relations, that this kinde of water hath other rare and ſecret influences and operations, which hath procured no ſmall wonder in thoſe who have obſerved the Effects; the particular inſtances whereof (without any longer ſuſpending the Readers expectation) I now intend to enter upon, beginning firſt with the cure and alleviation of the ſtone, and other Diſtempers incident to the Kidneys and Reins

Mrs. *Rolf*, of *Hadley*, in the County of *Suffolk*, having occaſion to give a viſit to ſome of her neare friends

in *Yorkeshire*, within a few weeks of her stay there, she found herself suddenly surprized with extraordinary sharp fits, which by their symptoms did manifestly appear to be the stone. Hereupon she applied herself to the Physitians for advice, but finding little or no ease by their Prescriptions (though probable ones) she was perswaded to try the Water at *Knaresborow*, where she had not continued above a fortnight, but she voided many stones, to the Number of an Hundred bigger and lesse, whereby she was quit of all her pain.

Henry Curra of *Whardale*, in the Western parts of *Yorkshire*, servant to Sir *Peter Middleton*, about the age of 50 Years, having suffered much pain for divers Years, his fits of the stone being so violent, that he was not able to ride on Horseback back, or to lye in Bed, an hour together without rising, nothing that he could take affording him any any ease, he went at last to the *Spaw* Spring, where having drunk the water about a month, he voided divers stones bigger that a great Pea. He returned home eased of all his pain, and recovered his strength.

Henry Rowley of *Linton*, near *Weatherby* in *Yorkshire*, of the Age of sixty years, much perplexed a long time with the stopping of his water, by his repair to the *Spaw*, voided much gravell, and from that Time was no more troubled so long as he lived.

Mistress *Barker* of *Doare* in *Darbyshire*, about the age of 34 years, had a dangerous ulcer in her Kidney, besides a very obstructed body, wherewith she was brought so low, that she was not able to go without the support of one or two; her stomach had lost its appetite, not able through Weakness to digest any meat, no nor the most apt broths that could be made, so that she was forced to sustain nature by her Infant pap. In this weak and desperate condition (having formerly not spared to use all the helps that could be devised by the Physitian) she was gently brought to the *Spaw*, not expecting to be recovered, onely she thought it not fit to be wanting to any means that might be propounded. It pleased God to give such a blessing in the use of the water (which she daily drunk as well as she was able) that in a few dayes there came from her an incredible deal of putrid matter, which gave her such ease, that by degrees she gathered strength, her inward parts were deoppilated, her stomach restored, and within the compasse of five weeks

ſhe was (to the Wonder of all that had taken notice of her) reduced to a moſt apparent ſtate of health and ability of body.

I will not ſay it were time loſt, but it might be better ſpent then to Multiply all the known examples in this kind, the foregoing ones being of ſufficient proof to make good the waters efficatious uſe in the infirmity of the ſtone. Not that I am to ſeek for more, for I might (but that I would willingly avoid ſuperfluous tediouſneſs) add to to the other.

Miſtreſſe *Ellis*, wife to Mr. *Ellis*, Miniſter at *Beverley*, who received a wondrous cure in the like ulcerated part.

Miſtreſſe *May*, a Citizen's wife of *York*, who after many years trouble, (being of great Age) was abſolutely freed from her long continued fits of the ſtone, with divers others whom I purpoſely omit (nothing being more ordinary) that others may come into play (though of a different kind,) yet of remarkable note.

For Melancholy and Splenetique effects, there are few or none (that I have ever yet heard of) who have repaired to this *Spaw* water, but have found extraordinary eaſe, and a great abatement of thoſe diſturbances which are the ordinary and unwelcome attendants of that diſtemper.

Amongſt others Mr. *Sacheveril* of *Derbyſhire* (hearing of this *Spaw* water) came to *York* to adviſe with Doctor *Dean*, who after he had fitly prepared his body (a rule groſly omitted by many) ſent him to *Knaresborow* to drink of the water, to his great relief. For whereas he had been exceedingly long time perplexed with many fearfull paſſions, and upon ſlight occaſions apt to entertain horrid and aſtoniſhing imaginations, (the ordinary companions of that diſeaſe called *Hypochondriaca paſſio*) he returned to *York* to give Dr. *Dean* thanks for his ſending him to the water, profeſſing his ſpirits to be much cheared, his fancy cleared from all cloudy and miſty conceits, which his very look and inſpection did witneſſe, and ſo he returned home, continuing ever after in a conſtant tenor of a quiet uninterupted condition.

Miſtreſſe *Ayre*, wife to M. *Anthony Ayre* of *Rampton* in *Nottinghamſhire*, a Gentlewoman of much worth and eſteem for her approv'd vertue, and all other requiſites that give luſture to her Sex, had (with the expence of much Mo-

ney) tried what could be done in the taming and qualifying of that ſame dull melancholly humour, her ſelf not unſeen (as in many rare ſecrets ſo) in curious receits of that kind, at length grew weary in trying concluſions, receiving little or no benefit by any. She was drawn at laſt by report of the *Yorkeſhire Spaw*, to try the effects of it, where ſhe found more comfort and eaſe by one months uſe of the water, then ſhe could ever receive by all the beſt adviſe her money could purchaſe.

Others I have known affected or rather afflicted in this kind, who have acknowledged to have received great benefit by this water, whoſe names and ſtories I ſpare, the forenamed being ſufficient inſtances of the powerfull effect of this water in moderating this ſame *Ludibrium Medicorum*, the Melancholy humour.

I ſhall now preſent a miſſellany of other cures, or rather wonders, worthy the ſerious conſideration of the learned, and the admiration of all.

Mr. *William Thompſon* Poſtmaſter of *Weatherby* in *Yorkſhire*, had continued deſperately ſick of a hectick feaver 28 weeks, living then in *Cambridgeſhire*. He had uſed the advice of the beſt Phyſitians in thoſe parts, and was at laſt given over as a man paſt hope, his weaknes being ſuch, that he went not to ſtool in all that time, but by the help of a ſuppoſitory, or the like means. In this poore eſtate (hearing of this water) he adventureth in the depth of winter (a moſt unſeaſonable time by the conſent of all thoſe who write of the uſe of theſe kind of waters) to experiment them, and ſo with ſome difficulty hew as brought to *Weatherby* being diſtant from *Knaresborow* four miles, Having reſted a day or two, he began to drink of the water, which had ſuch good effect in him, that without any pain at all he had benefit (the firſt day) of nature, and within a few days he found a ſtrange alteration in his body, his ſtomack was quickned, and his ſpirits ſtrangly revived. He continued the drinking of the water 14 days, till at length he was not ſenſible of any defect that might cauſe him to make any longer uſe of it.

To be ſhort, within a ſmall time (through God's bleſſings) meerly by this water, he was reſtored to be a perfect man.

Mr. *Foules* a gentleman of *Scotland*, and Advocate of *Edenborow*, about the age of 57 years, through a weak-

neſſe

neſſe of all his limbs proceeding (as may be ſuppoſed from a relaxation of the ſinews, was not able (but with much trembling) to lift his hand to his mouth, or to get on, or off his horſe, but with much help, he came to *Knaresborow*, where having ſtaid about a moneth, drinking every morning of the *Spaw* ſpring, and making uſe of the Sulphur water by way of bath at his Lodging, before he departed he was able to perform all fit offices about himſelf, without the aid of any, and continued in good ſtate of body ever after.

Mr. *Rauden* of *Rauden* in *Yorkſhire*, had been many years ſoar vexed with terrible pangs, and gripings in his body, ſo that through the continuall extremity of his diſtemper, his fleſh was decayed, his appetite loſt, and his ſleep very ſhort and unquiet. He had uſed the adviſe of ſome of the beſt Phyſitians of the Kingdome, but finding little or no eaſe, he came to try what the *Spaw* water would doe, being then but newly divulged. Not many dayes after he had drunk of the water, he avoided two great chains of worms, being either of them above a yard long, which though they ſeemed divers worms linckt together, by ſeveral motions in many parts at once (which had they been, would have mounted to thouſands) yet were but one, of which the learned report that kind of worm to be of a ſtrange and ſcarce credible length. About four dayes after he voyded 4 other ſingle worms, great and very long, but dead: After which he voided no more, but was freed from all manner of pain, and by degrees and ſteps aſcended again to his former beſt health, and continued a ſound man ever after.

The confident knowledge hereof invited a Gentleman (a neighbour of his) called *Rockley*, having continued long a very infirm man, and not able to by any means to underſtand the cauſe of his weakneſſe, to try the water, where after he had ſtayed a few dayes, there came from him fourteen worms, or rather *Monſtra* as ſome will term them, every one about an inch long and alive, their heads were black, and their tails tipt with black, all of them having many feet, about 6 dayes after he voided 4 more of the like form alive: Moſt of them he kept alive in a box a few dayes which were ſeen of many, with no little wonderment.

The Lady *Vavaſor* (wife to Sir *Tho. Vavaſor* Baronet of

of *Yorksh.*) had loſt in a manner the uſe of all her limbs through what diſtemper I know not, but ſhe was brought to ſuch a degree of weakneſſe, that Child like ſhe was rockt in a cradle: There were no means unaſſayed which might re-inable her, but all in vain. In this eſtate ſhe was brought to the *Spaw* water, by the uſe whereof (by God's mercy) ſhe was reſtored to ſtrength and health.

One Walles of *Copeland* in the County of *Northumberland*, about the age of fifty years, being of an extraordinary corpulency of body, his belly eſpecially of a vaſt greatneſſe. For divers years he had not been able to go the ſpace of an hundred yards (eſpecially if it were an aſcent) without reſting himſelf, his breath failing him upon the leaſt extraordinary motion, by the drinking of the *Spaw* water he was brought to that paſſe within three weeks, that his belly did fall to an ordinary ſize, he was able to go from the Town of *Knaresborow* to the Spring (which is a mile and a half, part of it being a great aſcent) without any deſire of eaſe.

The like effect the late Right Honourable Counteſs of *Buckingham* found, who vouchſafed to honor the *Northern Spaw* with her preſence. Her infirmity was a ſhortneſſe of breath, not being able to get up an ordinary pair of ſtairs, but with much difficulty of breathing, and reſting once at leaſt. There is none will queſtion but her ample fortune was able to command the choiceſt helps of Phyſick: Which failing ſhe had recourſe to *Wellingborow*, but even that water (ſo much famed) was not able to perform any thing worth her ſtay. At laſt ſhe was adviſed by a learned Artiſt (who was no ſtranger to this our *Spaw*) to make tryall of our water. Her Honour was pleaſed to tell me (having drunk orderly of the water about ten dayes) that ſhe found the whole frame of her body reduced to a very good temper, and for that particular, which occaſioned her comming to the water ſhe did profeſſe ſeriouſly, that ſhe was well able to mount two pair of ſtares without either ſupport, or the leaſt deſire of reſpite. The time of the year was ſomewhat too far ſpent at her coming to the water (for it was the middle of *Auguſt*) ſo that the coldneſſe of the air and frequent ſhowers, forced her departure before the water could finiſh its work, which was no ſmall prejudice to her after being.

Mrs.

Mrs. *Fairweather* of the City of *York*, had been long troubled with a dizineſſe in her head (call it *Vertigo* or what you pleaſe) ſo that if ſhe did but ſtoop to the ground (looking downwards) ſhe was ready to fall; by the uſe of the *Spaw* water for the ſpace of a month was abſolutely freed from this her diſtemper.

The Lady *Hoyl* of the City of *York*, after ſhe had been the mother of four children, did fall into a ſtrange infirmity. Her face (for the moſt part every ten or eleven weeks after ſhe had conceived) did ſwell and grow very red, many knots ariſing in divers parts of her face. The ſwelling ſometimes was ſuch that it almoſt deprived her (for the time) of her ſight: during the continuance of which trouble ſhe miſcarried of three or four children together. It muſt be ſuppoſed one of her ability (being happy alſo by enjoying a tender loving husband) could want no means that part could afford, but no proof or good ſucceſs was found. She was at laſt adviſed to repair to the *Spaw*, where ſhe ſtayed about three weeks, finding apparent ſignes of her bodies alteration. Within two months of her return home, it pleaſed God ſhe conceived, continuing in a conſtant ſtate of health to the time of her delivery. She hath ſince then been bleſt with diverſe children, not having the leaſt touch of her former deſtemper.

And now having finiſhed what I think fit to inſtance concerning this our *Spaw* water, I will adde a few experiments of the Sulphur Spring.

Maud Bogge (for by that name ſhe is commonly known) a woman of an ordinary condition, dwelling in the City of *York*, about the age of 50 years, had a ſwelling about her ancle, which had continued long: the place for the moſt part, very red and hard, whereunto was applyed divers means by the Surgeons to bring it to a head, but nothing availed. Her pain did daily increaſe, the part was grown monſtrouſly great, whereby ſhe began to loſe the uſe of her limb. She was at length adviſed to go to the Sulphur Spring near *Knaresborow*, whither (with much ado) ſhe was brought on Horſeback. The next day after her coming, ſhe drunk liberally of the water, which purged her in a violent manner, and at night ſhe bathed her leg in the water at her lodging. This courſe ſhe continued three dayes, during which time the ſwelling abated very much

and

and ſhe was able the fourth day to tread on the ground ſo boldly and firmly that without expecting any further operation of the water, ſhe returned to the City of *York* on foot, as if ſhe ſcorned any other help; and within a week ſhe was ſo perfectly cured, that divers who had ſeen her ſwelled leg, did admire to ſee her trot up and down the City, as if ſhe never had ailed any thing.

In 1629 there came a poor man to make uſe of the Sulphur Spring, whoſe name and abode I have not had the opportunity to learn. He had a great ſwelling in his knee which had continued long; the place was exceeding hard to feel too, and grown over with hair, nor could the force of any medcine make it to yield to any abatement or ſuppuration. He drunk of the water daily, which purged him, and bathed his legge often it it, within leſſe than a fortnight the part did ſenſibly ſoften, and ſoon after did break, whence iſſued a great number of ſmall worms, to the amazement of divers. Freed from theſe he was much refreſhed, and in a few dayes returned home by all apperrance a ſound man. A noble Knight (St. F. F.) (who lived then neare *Knaresborow*) took (as there was good cauſe) ſpeciall notice of this ſtrange cure) whoſe unblemiſhed reputation is a ſufficent warrant to ſatisfy me in the publiſhing of it.

One *Benſon* who dwelleth near this Spring, aſſured me, a poor woman had received the like cure in one of her breaſts whereof he was a witneſſe.

There is nothing more familiar than for poor people to repair to this Spring, moſt of them (that have the patience to ſtay) receiving cure of old ſores, and ulcerated parts. What inward diſeaſes this water doth properly reſpect, hath not yet (which is great pity) been judiciouſly examined: but that it may be uſefully applyed, this one following inſtance may fully ſatisfy.

One *Smith*, a Shoomaker dwelling in the City of *York*, was extremely overgrown with the Scurvy, ſo that he was in ſome danger of his life, uſuall medicines nothing availing. He was at length adviſed by a learned Scholler in the City (by profeſſion a Divine, yet verſed of late in Phyſical notions) to ſend for the Sulphur Spring water to his houſe, which he not very willingly did, thinking it a hard task to drink water in the cold of Winter. His ordinary draught was half a pint in the morning,

which

which had ſuch good ſucceſs in him, that within leſſe than a month he was by this and other means, quit of this diſeaſe.

The like effect a good old man in the City experimented to his great relief.

Lo here two Springs of admirable operations! And if an exact Sumetritian by the proportion of *Hercules* his foot, be able to collect the whole fabrick of his body, why may not the learned (whoſe ſerious thoughts are bent upon the Theory of Natures ſecrets) from theſe examples deduce excellent concluſions of a large and ample uſe.

I had thought to ſhut up this Diſcourſe, but that I am loath to ſmother any thing that may tend to the publike good.

Thoſe who have obſerved the wonders of this our happy Iſle, have taken notice of a Spring ſeated underneath the Caſtle of *Knaresborow*, commonly called *The Droping Well*, famous for the turning of whatſoever is caſt into it, or caſually falls in (as moſſe, leaves, ſticks, and the like) into ſtone: whereupon it is that this Spring is viſited of many by way of admiration. But time hath of late diſcovered a Phyſicall uſe of this water, namely, that is an infallable cure for a flix.

This year 1631, it was my chance to be a witneſſe of this particular, A Miniſter of *Yorkſhire*, one *Greatheed*, came to *Knaresborow* to give his attendance on a noble Gentlewomen, whoſe infirmity did crave the aid of the *Spaw* water: He (not intending to drink of the water ſeriouſly) thought he might ſafely now and then (as many do for companies ſake) take a few draughts of the *Spaw* water: within a weeks ſtay (by what accident I know not) he was overtaken with a violent flix, which continued three Days in ſuch a degree of exceſſe, that there was juſt cauſe to fear. At that time there was happily in the houſe a Phyſician of good note, one Dr. *Web* (a Gentleman of extraordinary curious parts, beſides his exact knowledge in his profeſſion, to whom thoſe *Northern* waters are indebted for his careful examination of them, and his willingneſſe to advance their due fame) whoſe advice being craved, (and time it was to adviſe, for the party was brought ſo weak, that he was ſtept into a degree of convulſions) he (out of former experience in a noble Lady in the

ſame caſe) who (all other means failing) had preſent help by this *Droping Well*) preſently cauſed him to drink a draught of the ſaid water, which without dallying inſtantly ſtayed the flix, ſo that within a few days he became a ſtrong man.

To the aforegoing might be added a very great number of cures, performed by theſe waters, but (in this place) we ſhall add no more than the two following, very lately performed, viz.

John Preſcious, of *Knaresborow*, by drinking the ſulphur water, voided ſeveral worms with heads like toads, and is perfectly recovered of an illneſs he had long laboured under.

John Smith, of *Brinington*, in *Derbyſhire*, ſervant to Colonel *Robinſon*, had a joint-worm brought from him of about two yards long, by drinking the ſulphur waters, which is now in the hands of Mr. *John Richardſon*, Apothecary in *Knaresborow*, who is willing to oblige the curious with a ſight of it.

SOME

SOME
OBSERVATIONS
(Collected from modern Authors)
OF
The *Nature, Virtues,* and *Manner of Using*
The *Sweet* & *Sulphur*
WATERS
At *Harrogate.*

SINCE the *Tuewhet* Spaw weighs so much lighter at the Spring-head, sits easier upon the Stomach, goes sooner off the Body, sparkles more in pouring out into a Glass, than the Sweet Spaw, we say, the first is much Richer of the Mineral Spirit than the last.

Since the first lies lower, rises more immediately from its Minerals, affords more Oker, and of a deeper brown Colour, heavier, more Stiptick to the Taste, and the Spring throws out much less Water in any given Time, and that of a more restringent irony Taste, and inky

Smell, gives a deeper Purple, and affords a larger Precipitation with Galls, we ſay, the firſt is richer and ſtronger of the Chalybeat Principle, than the laſt.

As the firſt is richer of the Mineral Spirit, goes ſooner and more eaſily off the Stomach and Body, and is more quick in its Operation; ſo is it a more penetrative, inciſive, attenuating, and powerful Diobſtruent, than the laſt.

Since this Water, when freſh, curdles Soap, taſts rough, harſh, and irony, and is of great Medicinal Efficacy; but when it is taken up, and expoſed thirty or forty Hours to the open Air, or carried to ſome conſiderable Diſtance, it loſes its Taſt and Medicinal Virtues, and ceaſes to curdle Soap; 'tis therefore to be drunk on the Spot.

Since this Water coagulates not Milk, even upon warming and boiling with it, then is a Milk-Diet allowable and uſeful in various Caſes, with a Courſe of Chalybeate Waters.

As to the Virtues and Uſes of theſe Sulphur Wells, the water may be uſed either inwardly or outwardly; if drunk it attenuates, abſterges, and reſolves viſcous, thick Humours, and irritates all the Veſſels of the whole Body, to expel all the offenſive Humours, it opens and removes thoſe ſtrong and obſtinate Obſtructions, either in Men or Women, that would yeild to no other Medicines whatever; it often evacuates by Stool great Lumps of viſcous or ſlimy Matter, which, no doubt, whilſt in the Body, were the Occaſion of ſundry Diſtempers, and which could ſcarcely be removed any other Way; it heats and quickens the Stomach, Bowels, Liver, Spleen, Blood, Veins, Nerves, and indeed the whole Body; begets good Appetite and Digeſtion, cures the Dropſy, Spleen, Scurvy, Green-ſickneſs, Cramp, Head Ache, King's Evil, and all Symptoms and Diſeaſes ariſing either from Crudities, Cold, viſcous, ſlimy or corrupt Humours, which obſtruct and diſtemper the Stomach, Bowels, Miſcentery, Liver, Veins, Brain and Nerves, and thoſe tho' of long Continuance. It infallibly kills Worms.

Since therefore *Harrogate* is ſo plentifully ſtored and impregnated with Sulphur, of what eximious Force and Virtue muſt it's waters be, in removing and remedying outward

outward Diſorders; how powerful Diſcuſſers of morbifick Humours fixed in any of the extreme or external Parts.

From this healing, drying, diſcuſſing, penetrating Principle it is, that they cure Swellings and Aches, Pains, Numbneſs, Ulcers, Scropulous or other Scab, Itch, Leproſie, Tetters, Ring-worms, creeping, ſpreading and inflamed Excoriations, by waſhing, bathing, and fomenting.

Hence they callenge the Preference to all the Minerals in the North, in Dropſies, Jaundice, Palſey, Worms, Inappetency and Indigeſtion, Chronic Agues, Quartans eſpecially, hard, ſwelled and diſtended *Viſcera*, frequent Abortions from a Slipperineſs and Laxneſs of the *Uterus*, and its Ligatures, beginning Dropſies of the *Ovaria* or *Uterus*, ſwelled Legs, Swelling or Ulcers after the Small Pox, Meaſles or Fevers; alſo in Diſorders from Surfeits, ſtuffing of the Breaſt and Lungs, from groſs, tough Humours, fat and watry Colluſions, if not extravaſated.

Hence ſuch as have been in eminent Danger from Vomiting, or ſpitting of Blood, from a loading of the Pulmonary Veſſels, and their Inactivity, have rarely if ever failed of Relief here; in Scrobutic, Rheumatic, and Dropſical Caſes, which require the Subtil, Volatile, and Pungent Antiſcorbuticks, to thin a fizey Blood and Juices, and make them fitter for Circulation and Secretion, or to rouſe up, ſett, and keep on Action, the dull, ſluggiſh, inactive, reſty Solids and Veſſels, ſure a better Water is not, as no Medicine in the World comes up to it.

The Quantity drunk muſt be proportioned to the Conſtitution and Strength of the Party, the ſame Doſe is not to be preſcribed to all, even though they are near the ſame Age, Strength, and Diſtemper; cold, dull Bodies can bear more than others, but in General, let the Quantity be ſuch as may move the Belly, five or ſix Times, which ought to be about three Pints, as the Body can bear it; add to this for three Days after, a Glaſs or two more, with moderate Exerciſe, as eaſy walking, or riding on Horſeback, whereby the Water is better diſtributed through the whole Body, mixed with the Blood, goes ſooner off, and more effectually anſwers the Deſign; for certainly a moderate Quantity (allowing a longer Time for the Uſe of the Water) will anſwer all

all Intents with more ſafely and to better Purpoſe.

This Water purges ſharply, yet even during the Operation, the Drinker may perceive his Spirits raiſed, is more chearful, active, and vigorous, it reſiſts all corrupt Humours, creates a keen Stomach, and quick Digeſtion.

This Water often works too quickly upon ſeveral Bodies, therefore ſuch ſhou'd firſt drink two or three Glaſſes of the *Sweet-Spaw* to retard the too ſpeedy Operation of the *Sulphur-water*, and keep it longer in the Body, that it may more Succeſſfully perform its Operation; it will alſo be proper, after having drunk a full Doſe, and it is almoſt wrought off, to drink four or five Glaſſes of the *Spaw-water*, eſpecially in Choleric Bodies; They that Nauſeate it upon Account of its Smell, but want its Effects much, may boil it a little, 'till it has loſt its Smell, and then drink it: For altho' it has loſt ſome of its Virtues, yet the greateſt, reciding in the Salt and ſubtil Acidity, remain.

The proper Time to begin to drink the water is from half an Hour to two Hours after Sun-Riſing, in *May*, *June*, *July*, ſhort and *Auguſt*, theſe being the propereſt Months in the Year, and it is beſt to be drunk upon an empty Stomach. A ſhort Walk is not amiſs to warm the Body; for Excerciſe and the thin freſh Air, contribute not a little to the Patients Recovery, and there is no finer freſh Air in England than at *Harrogate*, as is generally and juſtly owned by all Strangers.

This Water outwardly diſolves hard Swellings, cures old Ulcers Scab, Itch, Scurf, Leproſy, and ſuch other Diſeaſes of the Skin; for by Bathing in it the affected Parts are dried, corrupt Humours conſumed, Putrifaction prevented: &c. Bathing in it Warm conſumes all moiſt Diſtempers, whether hot or could, as Dropſy, hard Tumours. Swelling of the Leggs, Leproſy, and the like.

This Bath does much good in Aches, Pains, Bruiſes, Strains, Lameneſs in the Limbs, Weakneſs in the Back from Scurvey, Could and Wet, eſpecially for a Dropſy in the beginning thereof; for Paralitic Pains, and Weakneſs, if the parts have not been long weakned, and the Solids emicated, and Spirits thereby; in this Caſe the Bath proves more effectual (if ſome Suitable Plant be boiled in a little of the *Sulphur-water*, and mixed with the

Bath

Bath, as Sage, Angelica, Lavender, Sweet-Marjoram, Fennel, with ſome warm Seeds and Berries; neither wou'd it be improper after Bathing and Sweating to apply to the Parts Ointments, or Leniments, with Chymichal Oyls and Spirits. It is good in the *Sciatica* and Gout, Pains of Hands, Feet, or Leggs, ſtrengthening and reſtoring the Parts. Bathers go into it moderately Warm at firſt, and Increaſe its Heat by Degrees, as the Patient Sweats; but weak Perſons can neither bear it ſo hot, nor ſweat ſo much as ſtrong People, they ordinarily continue an Hour in it; Such as have Complaints or Aches in the Head or Neck, have ſome warm *Sulphur-water* poured on the back part of the Head, before they come out of the Bath, and then the Parts are well rubbed with a warm Cloth; they ſhou'd not go into the firſt Bath too hot at firſt, for it puts them into a violent Heat and Sweating, makes them faint and ſick, that they are forced to come out, and ſo loſe the Benefit of the Bath, if no greater Miſchief inſues; Neither ſhou'd they go in with a full Stomach, if they Bath in a Morning let them eat a little Gruel or Broth, or a poach'd Egg, or Something of light and eaſy Digeſtion, an Hour or two before they go in; But if they dine, they muſt not go in for four Hours after; Some prefer Bathing at Night, and if they have eat a light Supper, and ſtay at the Houſe all Night, to prevent catching Cold; They loſe no Time for Drinking the Water next Morning, having got their Sweating over by ten or eleven o'Clock, then got up, had their Bed made, eaten ſome light Food, they may go to Reſt till Morning.

FINIS.

MVSEVM
BRITAN
NICVM